

Hiker's Checklist

CLOTHING

- Hiking boots
- Hiking socks
- Rain poncho or rain suit
- Pants/Shorts/Swimming shorts
- Long sleeve shirt/Tee shirt
- Fleece vest/Jacket
- Hat/Gloves/Scarf

SURVIVAL KIT ITEMS

- Survival blanket or bivvy
- 550 paracord
- Firesteel, tinder, stormproof matches
- Knife/compact saw
- Cyalume light stick/microlight
- Extra food
- Water treatment — tablets/metal cup/
SteriPEN/microfilter
- Signal whistle, mirror
- Duct tape,safety pins,sewing
needle,thread
- Pencil, paper

SUPPLIES AND GEAR

- Backpack or lumbar pack with rain cover
- Pack towel
- Bandanna
- Snacks/Food
- Adequate water for duration and climate
of hike
- First aid kit
- Insect repellent
- Sunglasses
- Matches/lighter
- Knife/Multitool
- Biodegradable toilet paper, trowel
- Hand sanitizer
- Flashlight/Headlamp, extra batteries
- Watch
- Map/Compass
- GPS
- Sunscreen
- Ziplock bags
- Camera/monocular/binoculars
- Bear spray
- Medications, Glasses

- Check the weather forecast
- Leave a copy of your itinerary with a trusted friend

DON'T PANIC

Stop
Think
Organize
Plan

3

RULE OF 3 minutes
without air or with major bleeding

3 hours
without shelter, that is, losing your
body's heat into a colder environment

3 days
without proper hydration

3 weeks
without food

SURVIVAL PRIORITIES

1. Medical Issues
2. Shelter
3. Water
4. Food



www.lifeviewoutdoors.com
1.800.395.LIFE

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